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# Healthy Eating During Pregnancy

Eating well during pregnancy is just one way to help give your baby a good start in life.

## Weight Gain

Gaining weight while you are pregnant is good for your baby. Most women gain about 25-35 pounds. Some women gain more, some gain less.

Never try to lose weight while you are pregnant—this may harm you and your baby. Discuss the amount of weight you should expect to gain with your doctor or nutritionist.

## Thinking Ahead

It's not too early for you to start thinking about how you will feed your baby. For most babies, breastfeeding is the healthiest choice.

Breast milk is very nutritious and easy for babies to digest.

In addition, breastfed babies are less likely to have allergies, colds, ear infections, diarrhea, and some other sicknesses. Breastfeeding is also cheaper than formula.

Talk to your doctor or your nutritionist now about making the best choice for you and your baby.



# Food Groups & Serving Sizes

Choosing the right foods has many benefits for you and your baby.

- » Your baby may grow better before he or she is born and throughout life.
- » You are likely to have a safer and more comfortable pregnancy.
- » It may be easier for you to lose your pregnancy pounds after delivery.

Follow the food guide below to give you and your baby the best diet possible. If you are a vegetarian or you have food allergies, talk to your nutritionist or your doctor about how to get all the healthy foods you need.

**You and your baby need a variety of foods. Below is a list of the foods and amounts you should eat each day.**

# Foods to Avoid

**Avoid the following foods completely while you are pregnant:**

- » unpasteurized milk or cheeses made from unpasteurized milk (examples include: feta or other goat cheeses, brie, camembert, blue-veined cheeses such as Roquefort, and Mexican-style soft cheeses like asadero and queso blanco.)
- » lunch meats
- » hot dogs
- » sprouts (such as alfalfa sprouts)
- » certain types of fish (swordfish, shark, king mackerel, tilefish)
- » raw or undercooked meats, poultry, eggs, fish, and shellfish

Don't eat more than 12 ounces (or 4 meals) of fish per week. Choose chunk light tuna instead of white or albacore tuna.

## Milk, Yogurt, and Cheese (3-4 servings each day)

Examples of a serving are:

- » 1 cup of milk or yogurt (choose 1% low-fat, fat-free skim, or lactose-free milk)
- » 2 ounces of cheese (such as cheddar, American, or Provolone)
- » 1 cup of cottage cheese



## Vegetables (3-5 servings each day)

Examples of a serving are:

- » 1 cup green leafy vegetables, such as spinach, kale, collard greens, or romaine lettuce
- » 1/2 cup other vegetables, either cooked or raw
- » 1/2 cup vegetable juice



## Fruit (2-4 servings each day)

Choose fruits and juices without added sugar. Some examples of a serving are:

- » 1 medium-sized apple, banana, or orange
- » 1/2 cup chopped, cooked, or canned fruit packed in its own juice
- » 1/2 cup fruit juice—Choose 100% juice or WIC allowed juices



## Bread, Cereal, Rice, & Pasta (6-11 servings each day)

Choose whole grain breads and cereals. Some examples of a serving are:

- » 1 slice of bread or 1 tortilla
- » 1 cup of dry cereal
- » 1/2 cup cooked cereal, rice, or pasta



## Meat and Beans (2-3 servings each day)

Examples of a serving are:

- » 2-3 ounces (oz) cooked meat or poultry (this is about the size of a deck of cards)
- » 2-3 oz of fish (eat fish no more than 4 times per week)
- » 2-3 oz of meat substitutes, such as veggie burger, or 1 cup of tofu
- » 4 tablespoons of peanut butter
- » 1 cup cooked beans
- » 1/4 cup of nuts
- » 2 eggs



## Drink Plenty of Liquids

- » You will need to drink plenty of water each day to help prevent constipation.
- » Limit drinks with caffeine (such as coffee, tea, or soda) to 12 ounces per day.
- » Also limit drinks with sugar added (including juice) because they are high in calories.
- » Avoid alcohol completely because it can harm your baby.



## Fats, Oils, and Sweets

Eat less of these foods.

Some examples are:

- » butter, margarine, cream, lard, or oil
- » salad dressing
- » cookies, candy, and cake
- » sugary drinks, such as soda, Malta, iced tea, and juice drinks

